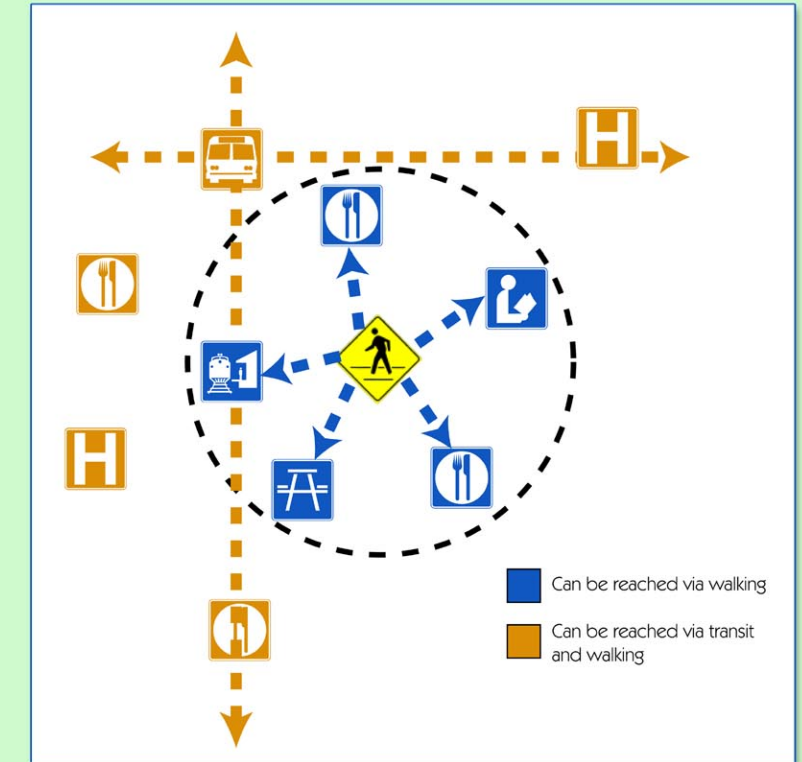


Delaware Pedestrian Master Plan

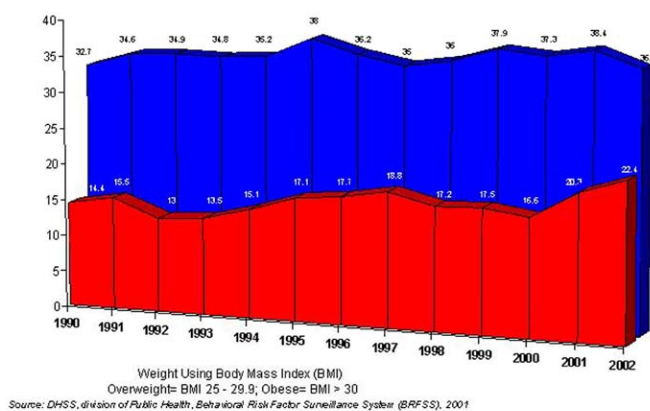
Benefits of the Plan:

Will provide an Alternative Mode of Transportation
Contributes to the Overall Quality of Life

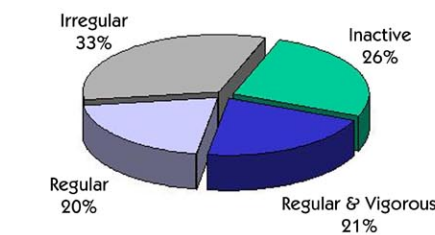
- In 1990:
 - 7% of all trips were made by walking.
 - 27% of all trips were one mile or less.More of those trips could have been made by walking.
- Walking provides a much-needed opportunity for physical activity which can help improve overall health.



Overweight and Obesity Trends
Among Delaware Adults: 1990 -2002



Levels of Physical Activity
Among Delaware Adults: 2001



Level of Regular, Vigorous Physical Activity
Drops Steadily With Age

